

Claims

I claim:

1. An oral or topical composition comprising:

- a. Lotus seed extract;
- b. Lotus flower extract; and
- c. a compatible vehicle for oral or topical application.

2. An oral or topical composition comprising:

- a. an extract of the seed of plant material selected from the group consisting of the Yellow Lotus (*Nelumbo lutea*), the Blue Lotus (*Nelumbo caerulea*) and the Sacred Lotus (*Nelumbo nucifera*);
- b. one or more methyl donors; and
- c. a compatible vehicle for oral or topical application.

3. The oral or topical composition of claim 2 wherein said one or more methyl donors are selected from the group consisting of methionine, betain, dimethylglycine S-adenosyl-L-methionine, polyenylphosphatidylcholine, phosphatidylserine, phosphatidyl choline (lecithin), glycerylphosphoryl choline, and choline.

4. The oral or topical composition of claim 3 further comprising one or more vitamins.

5. The oral or topical composition of claim 3 further comprising one or more minerals.

6. The oral or topical composition of claim 3 further comprising one or more antioxidants.

7. The oral or topical composition of claim 3 further comprising one or more amino acids.

8. The oral or topical composition of claim 3 further comprising one or more hormones.

9. An oral or topical composition comprising:

- a. L-isoaspartyl methyltransferase;
- b. one or more methyl donors; and
- c. a compatible vehicle for oral or topical application.

10. The oral or topical composition of claim 9 wherein said one or more methyl donors are selected from the group consisting of methionine, betain, dimethylglycine S-adenosyl-L-methionine, polyenylphosphatidylcholine, phosphatidylserine, phosphatidyl choline (lecithin), glycerylphosphoryl choline, and choline.

11. The oral or topical composition of claim 9 further comprising one or more vitamins.

12. The oral or topical composition of claim 9 further comprising one or more minerals.

13. The oral or topical composition of claim 9 further comprising one or more antioxidants.

14. The oral or topical composition of claim 9 further comprising one or more amino acids.

15. The oral or topical composition of claim 9 further comprising one or more hormones.